

PORTABLE EXERCISE APPARATUS

Abstract of the Disclosure

A method and structure for exercising with a portable exercise apparatus. The portable exercise apparatus comprises a body support structure and at least one exercising structure. The

5 a body support structure comprises a sitting structure pivotally attached to a back support structure. The back support structure may be positioned at a plurality of angular positions with respect to the sitting structure. The body support structure is adapted to be placed on a supporting structure. The at least one exercising structure is removably attached to the body support structure. The at least one exercising structure comprises a first resilient structure

10 movably attached to a second resilient structure, a first attachment device, and a resistance means for applying a preset amount of resistance against movement of the first resilient structure with respect to the second resilient structure. The attachment device is adapted to removably attach the second resilient structure to the body support structure. The portable exercise apparatus is portable with respect to the supporting structure.